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AUTHOR'S GILLER-  
WINNING BOOK {page 4}



HUNGRY?  
THERE'S AN  
APP(ETIZER)  
FOR THAT  
FOOD {page 18}

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# Texting on the road drivers' worst fear: Poll

► CAA claims Canadians under 30 text while driving 'on a frequent basis' ► Legislation only one facet, education also required: CAA ► Almost 300 tickets issued for using cellphones while driving in HRM over past six months

Is texting while driving as serious a safety concern as driving under the influence?

Of 6,000 people surveyed in a new Canadian Automobile Association poll, 85 per cent said they felt texting while driving is their top road safety concern.

It's the first time in more than a decade respondents did not list impaired

driving as the No. 1 concern — although impaired driving came in a close second, with 83 per cent listing it as their next highest worry.

According to Halifax Regional Police spokesman Const. Brian Palmeter, they wrote up about 1,500 drivers city-wide last year for using their cellphones while

driving. Halifax police don't differentiate between speaking on cellphones while driving and other cellphone usage, such as texting or checking email.

Transportation Minister Bill Estabrooks said talking on cellphones is bad enough.

"The texting element is even more consequential," said Estabrooks, adding he hopes people would use common sense.

● ALEX BOUILTER

## Poll accuracy

► The poll is considered accurate to within 1.3 percentage points, 19 times out of 20.

driving. Halifax police don't differentiate between speaking on cellphones while

Final. Day



► Visitors to the Public Gardens stroll past a flower bush yesterday during a sunny afternoon. The Gardens are now closed for the winter.

RYAN TAPLIN/METRO

One last day enjoying the Gardens this year

## Your Neighbourhood

### Shining the spotlight on Dartmouth

► Finding a new way to walk  
► Theatre company keeps things dramatic  
► Bargain hunting at Harbourview  
► Go back in time at heritage museum {pages 14-16}

## Room to move for cyclists?

Cars may be required to give bikes a metre of space {page 3}



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# Deputy sheriff back in court

A deputy sheriff accused of trying to smuggle drugs into jail was in a Dartmouth courtroom yesterday for the start of a preliminary hearing.

Tyrone David, 41, was a provincial deputy sheriff in October 2009 when he was arrested after investigators said they observed an alleged drug transaction. Kathleen Kierans, noted at the time as the girlfriend of infamous criminal Jimmy Melvin Jr.,

was also arrested and charged.

Police said Kierans allegedly handed off drugs to David in the parking lot of a strip mall on Pleasant Street in Dartmouth.

Justice Minister Ross Landry said last year the drugs were headed for the Central Nova Correctional Facility in Burnside. He said the justice department would launch an internal investigation.

David and Kierans both appeared in court yesterday for the preliminary inquiry. The inquiry continues today.

David is facing three counts of conspiring to commit an indictable offence, three trafficking charges, 12 charges of possession for the purpose of trafficking, one breach of trust of a public officer and one charge of bribery of an officer.

● JENNIFER TAPLIN



► Tyrone David, right, speaks with a lawyer at Dartmouth provincial court yesterday.

RYAN TAPLIN/METRO

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news



News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at [m.metronews.ca](http://m.metronews.ca)

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Allan Small on why paying attention to world events is critical for investors. More at [metronews.ca/investing](http://metronews.ca/investing)

# Bill calls for buffer zone around cyclists

► Legislation aims to increase cyclists' safety: Estabrooks ► No penalty for violating one-metre rule

 ALEX BOUTILIER  
@METRONEWS.CA

Motorists may soon be required to give cyclists in bike lanes a wider berth.

Transportation and Infrastructure Renewal Minister Bill Estabrooks introduced legislation last night that, if enacted, will require drivers to give cyclists a full metre of clearance.

Cyclists must keep to the far right of the bike lane.

If the proposed amendments are accepted, drivers would only be allowed to pass a cyclist travelling in the same direction if there is "at least one metre (of) open space between the vehicle and the cyclist."

But while motorists will be "required" to do so, there are no penalties outlined in the proposed amendments.

## Keeping pace

Estabrooks said Nova Scotia could have done more in past years to improve cycling infrastructure.

► "We certainly haven't done as much as we could have," he said, pointing to the strides Quebec has made. "This is one step, but we're going to have to continue to push it and make it a top priority."

"That's a detail that's important, and it's a deterrent, and it will be handled with advice from the Department of Justice," Estabrooks said yesterday.

If enacted, Nova Scotia would be the first province in Canada to adopt the one-metre rule, which is currently law in 15 U.S. states.



► A cyclist pedals down a bike lane on South Park Street in this file photo.

## Adjournment

► Robert Reid's case was adjourned until Nov. 29 for a show cause hearing. He was remanded back to prison in Burnside.

the scene and police say the suspect knew the victim.

● JENNIFER TAPLIN

# Victim fights for life as accused appears in court

The man accused of stabbing another man in the neck was in court for a bail hearing yesterday.

Robert Reid, 36, is facing five charges in relation to the stabbing incident in Dartmouth on Saturday night, including attempted murder.

A 27-year-old victim was found on the front steps of

a residence near Prince Arthur Avenue just after 8 p.m. The victim had a stab wound to his neck and was initially conscious but became unresponsive before he was rushed to hospital.

His condition was considered life-threatening and there is no update from police on his condition.

An arrest was made at

# Police still awaiting slain man's autopsy

Police still don't have the results of an autopsy regarding a 33-year-old man who was shot in late September and died of his injuries over the weekend.

Dartmouth Regional Police were hoping to get the results yesterday, but spokesman Const. Brian Palmer said the autopsy that began Sunday was still ongoing.

Until the cause of death is confirmed, police can't rule if it's a homicide.

Police also won't release the victim's name until a cause of death is determined.

The victim, who was shot on Sept. 29 on a pathway in Dartmouth, died of his injuries in hospital on Saturday.

● PHILIP CROUCHER



Despite surge in support, an overturn of Don't Ask, Don't Tell seems unlikely. Scan code for story.

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# Deal ensures more copies of Giller winner

► Agreement reached last week, announced yesterday, on sale of Canadian paperback rights for *The Sentimentalists* ► ‘There’s a little bit of loneliness in knowing that I won’t have touched every book that’s going to be out there,’ Gaspereau co-publisher Andrew Steeves says



► Johanna Skibsrud of Pictou County after winning the Scotiabank Giller Prize last week in Toronto.

Author Johanna Skibsrud of Pictou County says she's "really pleased" her small publishing house has decided to outsource in order to meet demand for her Scotiabank Giller Prize-winning debut novel *The Sentimentalists*.

Gaspereau Press, based in Kentville, came under fire when it refused to let another publisher help it produce more copies of *The Sentimentalists*, which won the \$50,000 Giller last Tuesday night.

But yesterday, Gaspereau announced it had sold

## Production

► Gaspereau Press prides itself on making its high-quality, hand-crafted books in-house, and can only produce about 1,000 copies of *The Sentimentalists* a week. Douglas & McIntyre, by contrast, vows to have 30,000 copies of a \$19.95 paperback edition of the novel shipped on Friday.

Canadian paperback rights for *The Sentimentalists* to Douglas & McIntyre, one of the largest independent

publishing houses in Canada, and copies should be shipped to stores this week.

“(I) am so glad that a solution has been arrived at that allows the books to be distributed widely without sacrificing any of Gaspereau Press’s practices and ideals, which make them so unique and special to work with,” Skibsrud, 30, wrote in an email to The Canadian Press yesterday.

“One thing that I really appreciate is that (publishers) Andrew (Steeves) and Gary (Dunfield) took into account my own personal

feelings and interests when making this business decision. Not many publishers would do that — it makes me feel very grateful to be working with them.”

This is the first time that Gaspereau has made such a deal, and they went with Douglas & McIntyre because they share the “same values and the same tenacity,” Gaspereau co-publisher Andrew Steeves explained.

“These guys love making books as much as I love making books. They’re not just a big factory,” he said.

THE CANADIAN PRESS

# Divers recover body of man swept to sea

RCMP divers have recovered the body of a Nova Scotia man who was swept from the rocks at Peggy’s Cove and pulled into the churning sea.

Police identified the man yesterday as 27-year-old Stephen Campbell of Boutilier Point.

Witnesses told police that a large wave swept Campbell into the Atlantic as dusk fell on Nov. 6.

Cpl. Scott MacRae said a group of people reported seeing a yellow raincoat in the water Sunday.

“They believed it was similar to the one worn by

(Campbell),” said MacRae. An RCMP dive team was called to the scene and found the raincoat first.

They later found Campbell’s body in 18 metres of water near Halibut Rock, about 91 metres from shore.

THE CANADIAN PRESS

## Citizens

► While the official search for Stephen Campbell was called off Nov. 7, police say citizens stayed vigilant in the days following the accident.

## CRIME

### Armed robbery at Tims

Police say two masked men forced two workers into the back room of a Dartmouth Tim Hortons during an early morning holdup yesterday.

The suspects, believed to be in their 20s, were armed with what appeared to be a handgun when they en-

tered the Tim Hortons at 106 Ilsley Ave. just after 4 a.m.

Police say their faces were covered with what they describe as “skull-type masks.”

“(The workers) were forced at gunpoint into a back room,” said police spokesman Const. Brian Palmeter.

He also said an undetermined amount of cash was stolen.

The investigation is ongoing and no arrests have been made.

● METRO HALIFAX AND THE CANADIAN PRESS

# N.S. leads rise in vehicle sales

New car sales were up across the country in September, with Nova Scotia leading the way.

Statistics Canada reported strong truck sales were the main contributor as the number of new vehicles sold nationally rose 4.2 per cent to 134,845 in September.

Nova Scotia had the largest percentage increase in the country at 8.8 per cent. Ontario was next at 6.8 per cent.

John Sutherland with the Nova Scotia Automobile Dealers Association

## Trucks preferred

► Truck sales remained higher than passenger-car sales, as they have been for most months since the second half of 2009.

said he believes the sale increase was a rebound to the HST increase that took effect in July.

He said he believes people put off buying in the summer because of the increase and now are out shopping.

● JENNIFER TAPLIN

changes introduced by the province.

Under proposed amendments to the Motor Vehicle Act, used car dealers will have to tell buyers whether a car has been significantly damaged in Canada or the United States.

Ramona Jenness, minister of Service Nova Scotia, says the province will be the first in Canada where used car dealers will have to identify a car as a “lemon” by a label on the windshield.

## Missing man’s body found

SEARCH EFFORT. The body of a Nova Scotia man has been discovered in a ditch at the bottom of an embankment near Truro.

The RCMP say the 52-year-old Belmont man had been reported missing by family around 6 p.m. Sunday.

The body was found by police and members of a ground search-and-rescue team yesterday about 50 metres from where the man was last seen.

THE CANADIAN PRESS

## Making it easy to spot lemons

CARS. Used-car buyers in Nova Scotia will be better able to find out a vehicle’s history under

# Hotel explosion story may not pass the sniff test

► Building sits over one of world's best known cave systems ► A cave was directly beneath lobby: Reports

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed seven people, including five Canadians, officials were pointing to that explanation, but there are doubters.

Authorities say methane and other gases from a nearby swamp drifted into a cavern beneath the hotel, built up to high levels and were ignited by a spark from a cooking device.

But Bil Phillips, a Canadian based in the state that

## Precedent

Police investigations into past Canadian deaths in Mexico have come under scrutiny.

- The 2006 murder of an Ontario couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- Last month, the family of an Ottawa-area businessman helped to track down his body in a burned-out rental car in Guerrero state, on the western side of the country.

leads tours of underwater caves, says the chance of a



► Relatives of Canadian citizen Darlene Ferguson, who did not want to be identified, leave the state prosecutor's office yesterday after filling out paperwork to claim Ferguson's body in Cancun, Mexico.

natural buildup of gases in one of the caves would be

unlikely, if not impossible. "It would sound to me like a gas accumulation was from their gas pipes," said

Phillips.

THE CANADIAN PRESS

## One hungry toddler

Astronomers may have lucked into the ultimate in cosmic baby pictures: A voracious black hole fresh from its violent birth.

After watching a nearby star that exploded into a supernova in 1979, astronomers now believe the star's death was not an ordinary one. The star's explosion was big enough to cause a black hole to develop in its wake. They think it is a black hole because they see something steadi-

ly consuming the gassy remnants of the exploded star, which is a tell-tale sign of a black hole. It sucks up everything in sight.

And in this case it is a lot. In the past 30 years since this star exploded, this baby black hole has eaten about the equivalent of the Earth in mass, which is about as big as black hole appetites can get, said Harvard University astrophysicist Avi Loeb.

THE ASSOCIATED PRESS



► A NASA image shows where a recent supernova is thought to have resulted in a black hole.

## Divorce case gets down and dirty

Lawyers acting for a Russian billionaire fighting what could end up being the biggest divorce settlement in history have cautioned reporters in Switzerland not to cover his divorce case, warning they may breach strict local privacy laws.

Dmitry Rybolovlev's wife Elena is demanding \$6 billion from the man known as the "fertilizer king" for a fortune amassed in potash mining that made him the world's 79th richest person.

Rybolovlev says he may sue any media outlet that reports the case because it

"In case you have planned to (report on the case), please refrain."

ANNE REISER,  
LAWYER

is being heard by a Geneva civil court, where privacy restrictions are tighter than for criminal or commercial proceedings.

Printing details about a divorce case could be a criminal offence in Switzerland, said Swiss lawyer Anne Reiser.

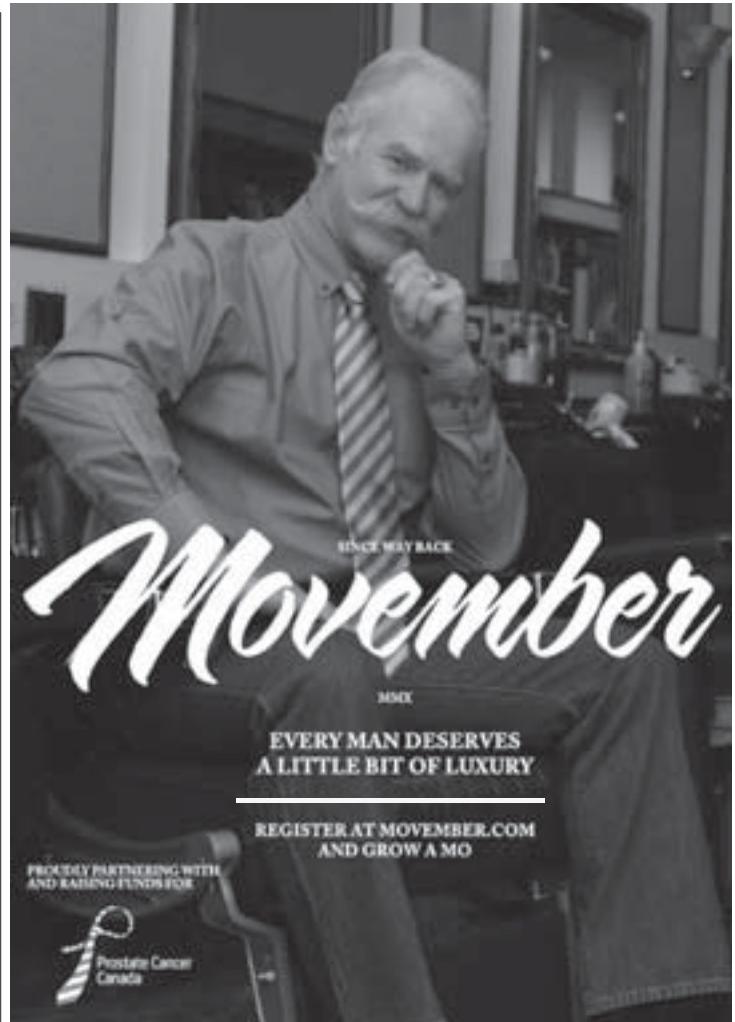
THE ASSOCIATED PRESS

## collapse in New Delhi

Police and rescuers raced early today to pull survivors from the debris of a four-storey apartment building that collapsed in a congested neighbourhood in New Delhi, killing at least 51 people and injuring 76 others.

The 15-year-old building housing about 200 people — mostly migrant workers and their families — collapsed last night into a mountain of concrete slabs, iron rods, bricks and mortar in New Delhi's Lajolia Park neighbourhood.

THE ASSOCIATED PRESS



# Irish turn to EU for help with debt

- Ireland concedes it's talking to EU on managing debt crisis
- Denies seeking to tap aid fund

Debt-burdened Ireland is talking with other European Union governments about how to handle its troubled finances, officials said yesterday as the continent's debt crisis plagued markets and policymakers across Europe.

Irish officials denied the talks were aimed at getting a financial lifeline from the EU's bailout fund, while already-bailed out Greece revealed revised figures showing a bigger budget deficit.

EU chiefs meeting in Brussels today are anxious to quell market fears of an eventual Irish debt

## Higher deficit

Adding to the pressure on euro-zone finance ministers, the European Union's statistics agency said yesterday that Greece's 2009 budget deficit and debt were significantly higher than previously estimated.

default. Those fears are driving up the borrowing costs of other EU nations saddled with red ink, notably Greece, Spain and Portugal. Analysts said investors needed the finance ministers in Brussels to offer a clear path forward.

**THE ASSOCIATED PRESS**



► John Otto, 17, of Haddonfield, N.J., listens to a question about his suffering through bullying at Haddonfield Memorial High School, as he stands at a podium with his mother, Kim Otto.

## Out to beat the bullies

A group of people held signs while standing outside the New Jersey Statehouse as lawmakers hold hearings inside into a bill that would toughen New Jersey's anti-bullying laws.

MEL EVANS/THE ASSOCIATED PRESS

## Interested in improving financial assistance for students?

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# Buy a truck, get a free gun at Fla. car dealership

A Florida car dealership trying to drum up business is offering an unusual perk for potential used-truck buyers: A free AK-47 assault rifle.

General sales manager Nick Ginetta says that since the promotion was announced on Veterans Day, business has more than doubled at Nations Trucks in Sanford.

Customers would have to pass a background check before using the \$400 US gun shop vouch-

er. They also have the option of using the money toward other firearms, or they can request a check in that amount instead.

The dealership has fielded some complaints about the deal, which Ginetta acknowledges is controversial. But, he says, "My buyer is absolutely a gun owner, no question."

The promotion runs through the end of November.

**THE ASSOCIATED PRESS**



► Cardinal Francis George

## Catholic cardinal backs fight against Obama health-care plan

A top leader of America's Roman Catholic bishops yesterday defended church leaders' opposition to U.S. President Barack Obama's health-care plan, insisting the overhaul would allow federal funding of abortion.

Chicago Cardinal Francis George, president of the U.S. Conference of Catholic Bishops, said critics who insisted the plan was too complicated for the bishops to understand were only trying to silence the public voice of the church.

"Our analysis of what the law itself says was correct and our moral judgments are secure," George said. "Throughout this public debate, the bishops

kept the moral and intellectual integrity of the faith intact."

George made the remarks in his final address as president of the group, which is holding its annual fall assembly this week in Baltimore.

The bishops had lobbied hard against Obama's health-care overhaul.

The law walled off federal funds from being used for abortion, and an executive order signed by Obama just before it passed reaffirmed existing prohibitions on government-financed abortion. Still, anti-abortion activists argue that neither would actually prevent tax money from being used.

**THE ASSOCIATED PRESS**

**Market moment**

TSX	Dollar	Oil	Natural gas
– 13.83 (12,735.41)	+ 0.02¢ US (99.12¢ US)	– 2¢ US (\$84.86 US)	\$3.845 (+ 4.6¢) Gold contracts \$1,368.50 (+ \$3.00)

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**REAL ESTATE****Housing market on rebound**

Canadian home sales volume rose in October for the third month in a row as the market continued to rebound from a trough hit in July following months of revved up activity in early 2010 and late 2011.

The Canadian Real Estate Association said that home sales on its Multiple Listing Service climbed 4.6 per cent in October, following simi-

lar increases in August and September.

CREA says October's gains are a further sign the market is returning to normal and is balanced, which means favouring neither buyers nor sellers.

Prices were up slightly from October 2009 and from September of this year.

Housing market activity now sits 13.3 per cent above July levels, when it reached a low-point for the year.

Still, sales activity was 21.6 per cent levels reported last October, when activity set a new record for the month.

THE CANADIAN PRESS

**Pipeline a step closer to reality**

A decision on the Mackenzie Valley natural-gas pipeline inched one step closer yesterday as the federal and territorial governments gave their feedback to a lengthy environmental review.

The federal energy watchdog will now review the responses by the two levels of government as it prepares its final recommendation to cabinet on whether the \$16-billion pipeline should go ahead.

The National Energy Board's decision on the project, which is expected to open up the western Arctic to development, could be made in the coming weeks.

The proposed 1,220-kilometre Mackenzie pipeline would carry natural gas from near the coast of the Beaufort Sea in the Northwest Territories to southern markets.

In their final response, the federal and Northwest Territories governments accepted, or accepted the intent, of 88 of the 115 recommendations made by the panel that reviewed the project, and rejected 27.

They say many of the recommendations that were rejected, such as those concerning greenhouse gases and monitoring of cumulative effects, were outside the panel's jurisdiction.

THE CANADIAN PRESS

**Dead deal raises rules concerns**

Ottawa's review of the Investment Canada Act needs to bring clarity to the process so businesses will know how foreign takeover rules will apply in future, critics said yesterday after Anglo-Australian mining giant BHP walked away from its hostile bid to buy Potash Corp. of Saskatchewan.

THE CANADIAN PRESS

**Facebook takes aim at email with Titan**

► Facebook founder and CEO Mark Zuckerberg announces a new messaging system in San Francisco yesterday.

► Canadians have to wait ► Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: email.

Although blogs had been speculating that Facebook would announce an email service to rival Google Inc.'s Gmail and others, Facebook said email was just one component of its plans.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system.

"If we do a good job, some people will say this is the way that the future will work," he said. Users will be able to get a facebook.com address to go along with their account.

But Zuckerberg dismissed notions that Project

**"It seems wrong that an email message from your best friend gets sandwiched between a bill and a bank statement. It's not that those other messages aren't important, but one of them is more meaningful."**

JOEL SELIGSTEIN, FACEBOOK ENGINEER, IN A BLOG POST

Titan, as its service was called internally, is the "Gmail killer" it's been dubbed in the press.

But he said that just as students are forgoing email in favour of shorter, more immediate chats, more people will send IMs and chats because it's simpler.

THE ASSOCIATED PRESS

**Death of email?**

- Though email is still a primary form of communication for older adults, studies suggest this is not the case for young people.
- Text messaging has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens.

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# NO LOVE FOR YOUR FRIEND'S NEW GUY

**She says ...**

**JESSICA NAPIER**



**Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.**

A pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't

like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be some occasions when you are obligated to share the same dinner table or taxi cab. You might not

love him, but you do have to learn to tolerate him.

Maybe ask yourself if this is simply a case of no-one-is-good-enough-for-my-best-friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is

obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A

**"Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend."**

haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.



Read more of  
Jessica Napier's columns  
at metronews.ca/shesays

## Cartoon

MICHAEL DE ADDER



# The science of happiness

## Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know.

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jill Matheson late this month for inclusion in a survey next spring.

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken

## Don't worry, be happy



root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan.

The surveys ask Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

THE ASSOCIATED PRESS

## What makes you happy? Why?

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## Metro Minute with Beyond Barriers

A new photo exhibit captures the work of healthcare professionals in unique situations. Beyond Barriers: Photographs From The Frontlines Of Health is running through to Dec. 3. It will be an outdoor display located adjacent to the Tupper Link on Dalhousie University's campus. It's an exhibit of stories and images of doc-



► Beyond Barriers: Photographs From The Frontlines Of Health is running through to Dec. 3.

ROGER LEMOINE

- Adams took suggestions from fans on Twitter for what songs to put on Bare Bones
- Album offers acoustic versions of his hit songs
- Inspired by his tour experience



# Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection *Bare Bones* to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new

songs, should it be old songs, what songs should be put on it? And I sort of gathered all their information and then put this album together."

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has

spent most of the year on the road in Canada, the U.S., the U.K., Europe, South Africa and even the Middle East — might have known better.

"And then about a month after I put that together, my record company got wind of it, and they were like: 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he "balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began soliciting suggestions on Twitter for the final tracklist of *Bare Bones*, which drops today, he was surprised at the reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS

## A grown-up Rascal Flatts

Gary LeVox, Jay DeMarcus and Joe Don Rooney were magnets for criticism 10 years ago when they formed Rascal Flatts.

They were called a boy band. Their clothes were funny. And, boys, that ain't country music.

After a decade as country music's top-selling group with nearly 20 million albums sold and one of its most popular touring acts, though, Rascal Flatts are starting the next decade as

veterans on top, and in transition.

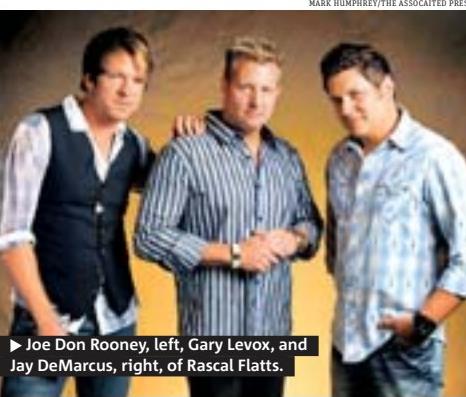
They have moved to Big Machine Records, home of Taylor Swift, to release their next album, *Nothing Like This*, out today, and the guys are contemplating bigger things.

"We truly feel like a new act," LeVox said. "The first 10 years flew by ... We've got at least another 10 to 20 left."

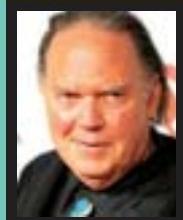
The 40-year-old singer LeVox, 39-year-old bassist DeMarcus and 35-year-old

guitarist Rooney have already accomplished more in their one decade than many acts do their entire careers. They grew up on George Strait, George Jones and Merle Haggard and followed their dreams to Nashville. Instead of copying the sound of their heroes, they went in a very different direction and created their own, mixing country twang with a pop sensibility.

THE ASSOCIATED PRESS



### Scene in brief



Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will also include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn,

with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth.

THE CANADIAN PRESS



Ex-Skid Row frontman Sebastian Bach charged with assault after bar fracas

# Mel admits to slapping ex, but denies punch

Actor says his girlfriend was shaking their daughter Claims he was 'trying to bring her back to reality' Denies hitting her with a closed fist

Mel Gibson admits that he slapped girlfriend Oksana Grigorieva once during their infamous argument earlier this year, according to court documents obtained by TMZ, though he claims it was for the sake of his infant daughter, Lucia.

"I slapped Oksana one time with an open hand in an attempt to bring her back to reality," the actor reportedly says in the dec-

laration.

"I did not slap her hard. I was just trying to shock her so that she would stop screaming, continuing shaking Lucia back and forth.

"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."

• METRO



Oksana Grigorieva and Mel Gibson



Jessica Simpson got engaged to Eric Johnson.

## Simpson set to wed ex-NFLer

Jessica Simpson and former football player Eric Johnson are engaged, her rep confirmed to Us Weekly. The couple began dating earlier this year, and Johnson's divorce from his estranged wife was recently finalized.

"I met a wonderful man," Simpson posted to

Twitter in September. "Damn, I'm lucky."

The announcement comes just days after Simpson's ex-husband, Nick Lachey, announced he and longtime girlfriend Vanessa Minnillo are also planning to get married.

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Down With Webster - Whoa Is Me  
Ke\$ha - We Are Who We R  
Far East Movement ft The Cataracs - Like A Go

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### Talking points

#### Lindsay's folks still feuding

FAMILY. While Lindsay Lohan enjoyed a brief day away from the Betty Ford Center over the weekend,

she reportedly didn't get a break from her parents' squabbling, as mom Dina Lohan forced Lindsay to turn away her father, Michael Lohan, when he stopped by for a visit, according to Hollyscoop.

"Lindsay was furious over her mother's action and was brought to tears," a source says.

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### Lovato's show gets rewrite

TELEVISION. The folks behind Demi Lovato's Disney Channel series, Sonny with a Chance, have decided to not delay production despite their star being in a treatment facility for "emotional and physical issues," according to Variety.

Instead, they'll be rewriting episodes to work around her absence, focusing on guest stars and other characters. • METRO

### Celebrity tweets



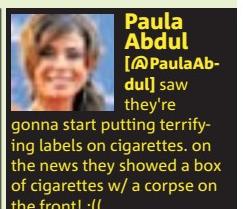
Elijah Wood  
[@woodelijah]

My phone started buzzing and I realized that it would be best to remove email notices of new followers



Steve Martin  
[@Steve MartinToGo]

I just reread my own tweets. They were FUNNIER THAN I AM. I'm so confused. Signing off while I rethink.



Paula Abdul  
[@PaulaAbdul]

saw they're gonna start putting terrifying labels on cigarettes, on the news they showed a box of cigarettes w/ a corpse on the front! :((



Eva Longoria  
[@EvaLongoria]

Ok everyone, you have to vote for People's Choice!

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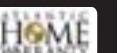
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# Keep it off with counselling

► A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year



► Fully 68 per cent of adults in the U.S. are overweight. Even scarier, 33.8 per cent are obese. Canada is almost as bad; 60 per cent of adults are overweight, and 24.3 per cent are obese.

 CELIA MILNE  
LIFE@METRONEWS.CA

Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal counselling.

A new study published in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year. By the end of the second year, they had kept off an average seven

per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can indeed promote clinically significant weight loss that is reasonably well-maintained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro. Rock is a professor of family and preventive

medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counseling.

The Jenny Craig diet includes person-to-person counseling, a low energy density diet, pre-packaged foods and increased physical activity. Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately \$4,000 in the first year and \$2,200 in the sec-

ond year. This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness of the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years. They were assigned to either one-on-one counseling, phone counselling or a "usual care" program. The best results were in those who received in-person counseling.

The study was published in JAMA on Oct. 27, 2010.

## Does Weight Watchers work?

Several diet programs have been tested over the last few years in large numbers of people, to find out if they work.

A study on Weight Watchers found the average weight loss was 4.6 per cent after one year and 3.1 per cent at two years.

A trial involving 3,234 overweight people with pre-diabetes found the Diabetes Prevention Program helped them achieve an average weight loss of 5.9 per cent at 2.8 years. They also reduced their risk of developing diabetes by 58 per cent.

● CELIA MILNE/METRO

## Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight loss.

"While comprehensive programs such as this one require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

● CELIA MILNE/METRO



► Obesity statistics are mind-boggling.

# 3 life

### Up and down

#### A protective shield

Being married could protect people from cognitive diseases such as dementia. A team of Swedish researchers found that people living alone from midlife onwards were more at risk than those living with a partner.



#### Broken hearts

People involved in negative relationships are 34 per cent more likely to develop heart disease in the 12 years following it.



New drug helps prevent strokes: Study

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**Up and down****Spice it up**

Ginger has been used as an aphrodisiac for centuries due to its ability to increase blood circulation to all body systems.

**Love handles**

Married life may lead to weight gain. The comfort and satisfaction people get from being happily married means watching their weight is no longer a priority.



# The family tree of health

► Uncovering diseases in your family can trump costly genetic testing

Make grandma spill the beans. Uncovering diseases in your family tree can offer the best predictions of what illnesses you and your kids may face.

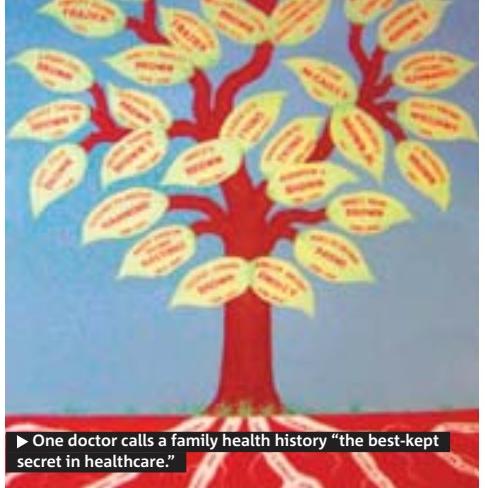
A Cleveland Clinic study comparing which method best showed an increased risk of cancer helps confirm the value of a family health history. And all it costs is the time it takes questioning your relatives.

But a government survey estimated less than a third of families do this, and doctors seldom push it to their patients.

"I view family health histories as back to the future," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. "It's the best-kept secret in healthcare."

How does a good history compare with an online genomic testing service (sold without a doctor's prescription for hundreds of dollars) that analyzes DNA glitches and predicts people's predisposition to various diseases?

To find out, Eng recruited 44 people for a family health history and a saliva test from a genomic service called Navigenics to calculate their risk for



► One doctor calls a family health history "the best-kept secret in healthcare."

colon cancer and breast or prostate cancer.

Both approaches classified about 40 per cent of participants as having above-average risk, but they picked the same people about half the time.

For example, the screening missed all nine people with a strong family risk of colon cancer, five of whom Eng's clinic gave scrutiny to prove they carried a gene mutation.

"A patient may have done this testing, been

very reassured and not come to medical care," she said.

No matter the brand, genomic screening takes a broad look at DNA variations, including ones scientists aren't sure even matter.

Yet it often doesn't include high-profile gene mutations that are linked to specific diseases and can require more specialized testing, Eng explains.

Navigenics didn't return a call for comment.

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**Create your tree**

Here are some tips on the best way to create your own family health history.

► Start with you

Gather info on you, your parents, siblings and kids. Add extended members.

► Include a range

Health conditions should

include things like cancer and pregnancy issues.

► Consider your lifestyle  
Include lifestyle facts such as family eating and exercise habits.

## customized comfort

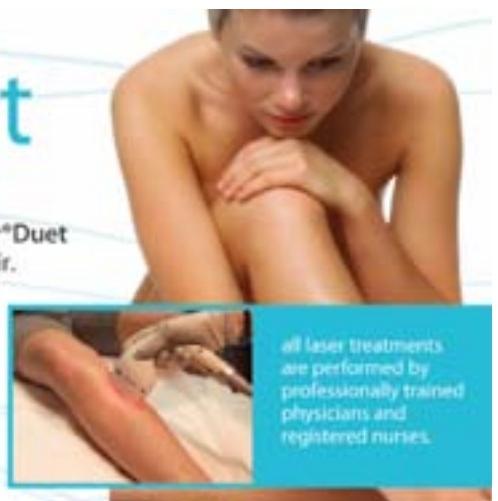
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# Acne may raise risk of suicide, study says

► Experts found the number of suicide attempts increased between one and three years after patients began using isotretinoin, an acne prescription

People with severe acne may be at higher risk of attempting suicide, a new study says.

Swedish researchers at the Karolinska Institute studied data from nearly 6,000 people who were prescribed the drug isotretinoin between 1980 to 1989. The medication has been commonly prescribed to treat serious acne since the 1980s.

The scientists compared the patient information to hospital discharge records and death registers from 1980 to 2000. According to the records, 128 of the people surveyed were admitted to a hospital after a suicide attempt.

"Severe acne is not a trivial condition," wrote researcher Anders Sundstrom and colleagues. "It is associated with an increased risk of attempted suicide."

The scientists could not say whether it was the condition or the treatment that is causing the suicide attempts among those using the drug.

They even suspect that patients whose acne im-

proved after treatment might still be upset if there were no major improvements in their social lives.

THE ASSOCIATED PRESS



► Even when acne is treated, experts suspect patients might still be upset if there were no major improvements in their social lives.

## Rare attempts

► Sundstrom and colleagues emphasized that acne-related suicide attempts was a rare event: there was about one suicide attempt for every 2,300 people taking the acne drug.

► Among young adults in the U.S., there are about 13 suicides per every 100,000 people. Experts estimate that for every suicide, there are about 11 attempts.

# Defibrillator location is life or death

Michel Langevin was playing hockey when he collapsed and his heart stopped. He describes what unfolded next as "almost a miracle."

A year earlier, the league had held a tournament to help raise funds for an automated external defibrillator (AED) for the arena in Sturgeon Falls, Ont.

He was revived by a shock from the AED, operated by a fellow player who had been trained just two weeks earlier on how to use it.

Proximity to an AED can make all the difference in such a case.

And now, it's hoped that mathematical modelling techniques developed by Toronto researchers to optimize the geographical placement of defibrilla-

tors will lead to more of the sort of confluence of events that kept Langevin alive.

In particular, the researchers looked at the placement of registered AEDs in Toronto and nearby Peel Region, as well as the location of out-of-hospital cardiac arrests from January 2006 to November 2009.

There were 1,414 out-of-hospital cardiac arrests, and 2,041 AEDs provided coverage within 100 metres for only 226, or 16 per cent.

Using the mathematical model, the team determined that the top 5 locations for additional AED placement would have covered an additional 51 out-of-hospital cardiac arrests.

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# Taking it all in stride

► Walking group keeps locals fit and helps forge plenty of friendships



**JON TATTRIE**  
LIFE@METRONEWS.CA

If you see dozens of people strolling en masse through downtown Dartmouth, fear not: It's likely another appearance of the Downtown Dartmouth Walk.

Christine Atkins of the Downtown Dartmouth Business Commission said they started the walks in the summer to give people a reason to get outside and meet new friends. They weren't sure how much in-

terest there would be, so they organized a trial walk on a warm July day.

When 50 people turned up, they knew they had hit on their hands and organized four more from September to October.

The lunch-time strolls feature a warm up, a 30-minute walk and a cool down. Atkins said it's relatively informal and geared towards the casual walker who wants to get some social exercise in the middle of the day.

They've averaged about

10 people per walk.

"We're just trying to get people out and motivated. It's about meeting other people downtown," she said. "Hopefully, somebody maybe got a walking partner for lunch."

The walks always start at the waterfront's Compass Rose and a leader takes the group on the route, but people are free to go at their own pace.

So far, walks have gone to the Dartmouth Harbourfront Trail, a nearby park and to the Dart-

mouth Heritage Museum.

Atkins, who works on Portland Street, joined the group for some of the fall walks. "It was kind of nice because I talked to different people each week," she said. "We had people that worked downtown. We had a wide range of ages."

Atkins says that because the walks have proven such a success, they hope to start them again in the spring. She says they'll be posting updates on their website, [downtowndartmouth.ca](http://downtowndartmouth.ca).



► Breeze down the Dartmouth Harbourfront Trail on the Downtown Dartmouth Walk.



► Harbourview Market is a popular venue for weekend shoppers and vendors

## Bargains abound at Harbourview



**KATE WATSON**  
LIFE@METRONEWS.CA

games and Christmas items.

The food court offers a great place for conversation over coffee and breakfast, lunch or snacks from vendors who offer a wide variety of delicious, multicultural foods.

Lorraine Lefave is the proprietor of The Knitted Basket and Planes, a kiosk that sells her colourful handcrafted knitwear as well as her husband's impressively crafted model planes.

She says that her business is "holding its own," and expects it to pick up even more in the weeks leading up to Christmas.

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# Dartmouth gets drama

► Dartmouth Player's brings the joy of the theatre to the community's residents, young and old

 JOANNE OOSTVEEN  
LIFE@METRONEWS.CA

Since her first step from behind the curtain at age four, Susie Keating has been at home on the stage. Keating is a performer at Dartmouth Player's, the community theatre that still refuses to be shaken from its roots as a true amateur group.

"It is easy to feel overshadowed by the big guys on the other side of the harbour," she said. "But we provide fantastic, affordable theatre and a place for those who want to contribute."

Although Dartmouth Player's has been around for about 25 years, its roots date back to 1957 as the Dartmouth Drama Club.

Current president of Dartmouth Players, Eric Jordan, has been involved with the group for nine years.

He says community theatre offers something different to everyone.

"Whether it is building sets, acting or being a stage hand, everyone is vital," he said. "And it teaches us to be responsible to our community, in a way."

A new infusion of performers and supporters have been injected into Dartmouth Players over the past few years with the introduction of Susie Keating's performance dance school, Upstage Studios.

Her students often volunteer at Dartmouth Player's and share space with



► Susie Keating's performance dance school is called Upstage Studios.

## Quick hits

- Audience is more than 5,000 people a season.
- September 2010 was the beginning of Dartmouth Players' 23rd season in their theatre home at 33 Crichton Ave.
- Patrons range from students who are studying theatre to those in their 90s who have been coming to the theatre for years.
- Dartmouth Players is a registered charity and is the only community theatre in Dartmouth.

the group in the Crichton Avenue building. She said once the pub-

- It remains one of the most successful community theatre groups in the province, both theatrically and financially.
- Four productions per year, with an average of over one thousand people per audience.
- They perform an average of seventeen performances per play.
- It takes about 100 hours of rehearsals for one play.
- All of the actors, crew and front of house staff are volunteers.
- Performances include musicals, drama and comedy.

lic school system stopped providing detailed arts programs she knew she

had to start her own school. She said the invaluable self worth she gained by her years of dancing and performing helped her navigate through life.

The little mouse of 1966 has grown into an actor, dancer and now a teacher.

"I remember singing through asthma, replacing actors at that last minute and croaking on the high notes," she said. "But Dartmouth Players is quality theatre and brings us closer together as a community in Dartmouth."

"You always get the passion and dedication we all have for this group. We love it."

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# Enjoy a Victorian Christmas without a time machine

► Dartmouth Heritage Museum takes you back to the days when most of our holiday traditions were formed



The Dartmouth Heritage Museum is taking people back in time for a Victorian Christmas this year.

"Victorian Christmas at Evergreen is always so much fun," said executive director Lisa O'Neil. "It's very community based. Volunteers and neighbours, we all get together and do the traditional greening."

She described "greening" as the Victorian equivalent of gathering friends and family and picking out your Christmas tree. "It's decking the halls with boughs of holly," she said. "Afterwards, we all have the traditional greening tea. That's open to the public for viewing what they used to do back in Victorian days."

She said many of our modern Christmas traditions were invented by Victorians, but some of the

old customs would raise modern eyebrows.

"Have you ever heard the expression 'brown-paper packages tied up in string?'" she asked of the line from My Favourite Things.

"There's a reason that's in there. We'll show you that. I'm going to tease you there," she added, refusing to elaborate.

The Victorian Christmas will also be fun for kids accustomed to electrical entertainment. A self-described gamer who has reached "nerdvana," O'Neil said the contrast between today's high-tech Christmas gifts and the relatively low-tech Victorian Christmases is captivating.

"I show them the old playrooms and they say, 'That's so beautiful.' There is nothing in there that is digital. We show them toys from way back. Some of them you'll be scratching your head saying, 'How the heck could that be fun?'" she laughed. "It's

## Background

► **Museum.** The Dartmouth Heritage Museum opened on Wyse Road in 1967 and operated until 2002. Unsafe working conditions closed the doors and most of its 45,000-piece collection was put into storage and it moved temporarily into Evergreen House. HRM plans to move the museum — and its full collection — into the old city hall building on Alderney Drive within two years.

a wonderful world full of magic."

The Victorian Christmas at Evergreen House (26 Newcastle St.) runs from Nov. 30 to Dec. 18.

The museum is also hosting A Loop in Time: An Exhibit of Rug Hooking by the Dartmouth Heritage Matters Group at Evergreen House until Dec. 17. Go to Dartmouthheritagemuseum.ns.ca for details.

# My MBA experience

 AS TOLD TO  
JORDANA DIVON

## Profile

**Name:** Evan Cohen

**School:** St. Mary's Sobey School of Business

**Current city:** Toronto

**Position:** Product Manager at TD Waterhouse

Prior to the MBA I was working for an insurance company back in the States.

I was doing more of a managerial accounting

role and I had built up a lot of skills there, but I realized that it wasn't going to help me climb up the corporate ladder: I needed a more well-rounded skill set that would help me to be a leader.

At St. Mary's it was a hands-on experience from the start, from the small intimate class settings, to working with real companies.

It's nothing that's just limited to textbooks; it's something that transcends the normal boundaries of the classroom to give you as much of a real world experience in everything, whether it's finance, or whether it's a marketing class.

Post graduation, I moved to Toronto and

**It's something that transcends the normal boundaries of the classroom**

spent two years in the TD Bank Financial Group's Management Associate program. I recently started a permanent role as a product manager on TD Waterhouse's Manage Investments Solutions team. It's a \$2.2 billion account and it's my job to oversee everything from operations to new product development to pricing.

I brought all those skills from my MBA experience to successfully operate an 11,000-strong client base for this program.



► Toronto resident Evan Cohen completed his MBA at St. Mary's and now works for TD Waterhouse..

## MBAs are key to business success

 RAF BRUSILOW  
FOR METRO CANADA

As business becomes more integrated the kinds of skills an MBA provides become increasingly crucial, experts say.

Besides a documentable increase in salaries post-MBA — up to double in some cases — the degree itself is becoming more common among graduates and consequently more expected by employers.

"For many mid-management jobs an MBA today is, if not an entry-level require-



► An MBA signals to employers you have the ability to solve problems and move up the corporate ladder.

### Take your time

- Study the details: Every MBA program has varied goals, teaching methods, price and logistics. Make sure you choose a program that fits your overall goals.
- Don't rely solely on word-of-mouth or rankings, visit schools and sit in on a class to see if the program matches your goals.
- Ask employers you're interested in working for which MBA programs they look to hire from, you'll get a better sense of which programs draw weight.

ment, almost an expectation," said Wendy Cukier, associate dean of Ryerson University's Ted Rogers School of Management.

Scott Comber, director of the corporate residency MBA program at Dalhousie University says the increasing complexity of the modern business environment makes MBA skills highly desired by employers.

"Today's business world is a very linked, integrated environment. The understanding is that markets are connected, economies are

connected. Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that," Comber said.

An MBA degree symbolizes a candidate's resourcefulness and versatility.

"While there's solid evidence an MBA will give people a salary boost, more importantly it signals to employers your capacity to solve problems and ability to move up in an organization," Cukier said.

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dalmba.ca

## Some wines stand on their own

 PETER ROCKWELL  
LIQUIDASSETS@EASTLINK.CA

Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented liquid without a bite or two of something solid.

Not that there is anything wrong with that philosophy; it's just that I like Charlie Sheen's better: Any time is a good time for a glass of wine (or vodka, or just about anything).

What I mean is, wine isn't just for the dinner table anymore, and wine-makers are creating unique cocktail-style wines to meet the challenge of a night watching a Blu-ray rather than eating Cordon Bleu.

A perfect example is the 2009 Café Culture Pinotage (\$13.95 to \$15.99) designed by South Africa's iconic KWV.

Here's a wine that's all about singularity. Sure, you could pair it with gamier meats, Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

That said, this is a polarizing bottle of booze. I know just as many people who hate it as love it. Melding coffee overtones and lots of major mocha along with a natural sweet berry fruit, it's a tasty style unto itself.

*Prices reflect the range across the country. Some products may not be available in all provinces.*

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

Service Directory - To advertise contact Chris Cannon at 421-5826

### EMPLOYMENT

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Lady Hammond Grill Restaurant (Chebucto Inn, Lady Hammond Road) is currently looking for Kitchen Helpers with at least 6 months experience. Salary \$9.65-\$10.50/hour. Please send resumes to: chebuctoinn@yahoo.com

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# Appetizers for any time

## Homemade pita chips add flavour instead of fat

 ROSE REISMAN  
LIFE@METRONEWS.CA

Try these easy and light dips with my "pita chips" for your next gathering.

### Seasoned baked pita chips

Store-bought pita chips are fried, which increases their calories and fat content. The spices in this recipe add flavour.

### Ingredients:

- 3 large flour tortillas
  - 3 Tbsp finely grated Parmesan cheese
  - pinch of salt and pepper
  - pinch of paprika
  - pinch of garlic powder
  - pinch of onion powder
- Serves 4.

### Preparation:

1 Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.

2 Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3 Combine the Parmesan, salt, pepper, paprika, and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

per serving (about 6 chips)

Calories 191 • Protein 6.5 g • Carbohydrates 28 g • Fibre 2.5 g • Total fat 5.6 g • Saturated fat 1.9 g • Cholesterol 4 mg • Sodium 419 mg • prep time 5 minutes • bake time 12 minutes



lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.

2 Stir in the olives and garnish with basil or parsley.

per serving Calories 157 • Protein 4 g • Carbohydrates 11 g • fibre 2.4 g • Total fat 11 g • Saturated fat 1.5 g • Cholesterol 0 mg • Sodium 93 mg • prep time 5 minutes.

lemon juice, garlic, cumin, salt and pepper in the bowl of a food processor. Purée until smooth.

2 Add the chopped cilantro and stir to combine.

per serving Calories 79 • Protein 2 g • Carbohydrates 6 g • fibre 1.7 g • Total fat 5 g • Saturated fat 0.7 g • Cholesterol 0 mg • Sodium 91 mg • prep time 5 minutes

### White bean and artichoke hummus.

A twist on traditional hummus. The addition of white beans and artichoke hearts is outstanding.

### Ingredients:

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced canned black olives
- 2 Tbsp chopped fresh basil or parsley. Serves 6.

### Preparation:

1 Combine the chickpeas, tahini, water, olive oil,

### Red bell pepper hummus

The addition of red bell pepper to a hummus dip creates a new flavour and colour. This is not only great as a dip but also as a spread for sandwiches or tortillas.

### Ingredients:

- 1/2 cup canned chickpeas, drained and rinsed
- 1/4 cup roasted red pepper (about 1/2 small roasted red pepper, see left)
- 1/2 Tbsp tahini (sesame seed paste)
- 1 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp water
- 1/2 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 2 Tbsp chopped parsley. Serves 8.

### Preparation:

1 Combine the beans, artichokes, tahini, olive oil,

1 In the bowl of a small food processor, combine the chickpeas, roasted red pepper, tahini, lemon juice, oil, water, garlic and chili sauce.

2 Purée until smooth. Garnish with parsley.

per serving Calories 53 • Protein 1.5 g • Carbohydrates 4 g • fibre 0.9 g • Total fat 3.5 g • Saturated fat 0.5 g • Cholesterol 0 mg • Sodium 29 mg • prep time 5 minutes

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# LOTTERY TICKETS LED TO TRUE LOVE

**Names:** Anna, 24, and Curtis, 29

**Current city:** Coquitlam, B.C.

**Together since:** 2007

## Their story:

### How We Met: Anna & Curtis

"I (Anna) spotted Curtis one summer day when I was working part-time at the local grocery store in our small hometown in southwestern Ontario..."

I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!



Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

Then one day after he left the store, he came back to give me his number.

He bought a few other items to make it look like he didn't return just to give me his number

(to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!"

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# NO REAL HARM IN SAVOURING THE FINER THINGS IN LIFE AS A COUPLE

**brick of orange from No Frills?**

## Smug Marrieds

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**My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a**

to have since you can savour it together.

P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over.

### Derek says...

Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it.

If it's only occasionally, like for a special weekend meal or a dinner party (and you can afford it), what's the harm?

It's better than spending money on makeup or shoes — which you two can't enjoy together.

I guess the answer to your dilemma depends on whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem

First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique.

You are about to embark on a long journey, but you can get there quickly with your partner at your side. This is a joyous time. Eat it up!

**Fantastic new species discovered**

**metro**

**metro** News worth sharing.

# New Canadians smart when it comes to cents

► Survey shows that recent immigrants to country are more knowledgeable about banking than general population ► Trust of banks statistically lower

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



New Canadians are tackling financial literacy with gusto ... and effectiveness.

According to a survey commissioned by Credit Canada (a not-for-profit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also more financially optimistic.

Sixty-five per cent of those who have been in Canada five years or less and 74 per cent of those living here six to ten years feel they understand



► Need some advice regarding your nest egg? Why not speak to a new Canadian?

enough to make good decisions with their money.

In comparison, only 52 per cent of the general population feel confident about their financial knowledge.

Confusion within the financial services industry is endemic. However, newcomers actually find the

banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same de-

gree as the general population. This finding isn't so surprising when you consider that few countries have a banking system as stable as Canada's.

The poll, conducted by Angus Reid Public Opinion, has just been released to kick off Credit Education Week Canada (CEWC), an initiative of Credit Canada. Running until November 19.

### Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.00%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.25%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE  
MONEY@METRONEWS.CA



## HERE COMES THE BUDGET...

Weddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day.

First, discuss budget priorities like photography or food, and the wedding planning roles you and your partner will play such as organizing flowers or liquor licenses.

Second, set a budget and stick to it. Hunt around the Internet and borrow library books to get an idea of costs like a bridal gown, venue, food, drinks, photography, rings, transportation, the ceremony, honeymoon, gratuities, taxes (GST). Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family members or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people. Reducing the guest list and bridal party means fewer mouths to feed and gifts to buy.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season. Consider setting up your own website whereby you can post information about the day, manage the invitations and guest list, keep a budget, send reminders, etc.

(October to March) and getting married on any day but Saturday. Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner weddings.

In-demand venues are expensive, so wrangle a deal through your network or host a small town wedding. Negotiate terms and prices with the owner of the venue.

Getting married in public spaces or someone's back yard is an inexpensive option: parks, beaches, gardens, public golf courses, historical sites, libraries, civic centres, etc. Secure the required permits and investigate if there are liability issues.

Fifth, get organized and get to work. Ask friends and family to help make invitations, prepare flower arrangements and table decorations, etc. Forget the limo fleet and borrow a friend's cool car.

Hire a photographer, caterer or wedding planner from a local college (get a reference). Put limitations on an open bar. Avoid designer wear; rent dresses and suits or have them made locally. Borrow, rent, or buy second-hand decorations online.

Consider setting up your own website whereby you can post information about the day, manage the invitations and guest list, keep a budget, send reminders, etc.

## Phisherman get you hook, line and sinker

Have you ever received an email that appeared to be from your bank, asking you to fill out personal information such as your Personal Identification Number (PIN) or password, only to find out that it was a copycat website? If so, you were most likely "phished".

"TD Canada Trust would never ask you for personal or financial information such as your PIN or password by email. If you're

ever unsure about whether or not a website is legitimate, contact us right away," says Justin Hwang, Associate Vice-President of fraud management for TD Canada Trust.

Phishing is a fraudulent act used to obtain personal or financial information, usually carried out over the internet or by instant messaging.

Often, fraudsters who use phishing techniques create bogus websites and

links that convince users to offer up desired information.

The better the hacker, the more advanced their phishing techniques become which could explain why more people are biting.

Some current phishing schemes even use social networking sites to reel in their victims because personal information is so generously distributed on these sites.

### Phishing techniques:

- Copycat banking websites
- Counterfeit links and URLs
- Bogus emails asking for personal information.
- Voice messages providing a call-back phone number claiming problems with your bank account and asking you to leave a message with personal information.

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# Leafs' Kadri still feeling things out

► Rookie looking for first NHL point as he plays in just the third game of his career tonight

Nazem Kadri needed no introductions.

The majority of young players go virtually unnoticed by opposition in their second NHL game, but that wasn't the case for the Toronto Maple Leafs rookie. In fact, some of the Vancouver Canucks went out of their way to poke fun at him Saturday after he botched a scoring chance in the third period.

"A couple of them chirped me when the puck

hopped over my stick there on that three-on-one," Kadri said yesterday.

Naturally, he had a comeback: "They're lucky I didn't get it off because I had a good feeling about that one."

So it goes for the supremely confident 20-year-old forward, who has occupied the spotlight since being selected seventh overall by the Maple Leafs in 2009. Outside of perhaps No. 1 pick Taylor

**"Yeah, there's some pressure but that's (not) in the back of my head when I'm playing."**

NAZEM KADRI

Hall, there isn't another rookie player in the league who has been as widely discussed. Never mind that he was only called up from the American Hockey League last week to try to provide an offensive spark for the

struggling Maple Leafs.

Kadri will play his third NHL game against Nashville tonight and is still looking to make an impact on the scoresheet. Despite his outward confidence, he does share some traits in common with other first-year players.

"The nerves are always going to be there," said Kadri. "I think throughout the course of the game, that's when I'll start to feel a lot more comfortable. I've

just got to get my feet wet for the first couple shifts and feel things out a bit.

"I'm still not a vet in this league, it's still pretty new to me."

One thing GM Brian Burke made clear when he called up Kadri is that the team wasn't looking for him to be a "saviour." The fact he even had to make such a statement demonstrates just how much attention he's received.

THE CANADIAN PRESS

# 4 sports

Quoted

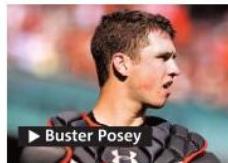


**"It's like how do you eat an elephant? One bite at a time. We're going to fix one thing at a time."**

NEW PIRATES MANAGER CLINT HURDLE, ON MAKING THE TEAM COMPETITIVE AGAIN.



## World Series foes honoured as year's top rookies



San Francisco Giants catcher Buster Posey and Texas Rangers closer Neftali Feliz wound up together on the winning side yesterday when they were voted major league baseball's top rookies.

Earlier this month, Posey singled off Feliz as the Giants beat Texas in the clinching Game 5 of the World Series.

"It's hard to believe it's been two weeks," Posey said.

Posey hit several key home runs and helped the Giants win the crown for the first time since 1954. He easily outdistanced Atlanta outfielder Jason Heyward for the National League award. Feliz, the rocket-

armed right-hander who set a rookie record with 40 saves as Texas reached its first World Series, finished far ahead of Detroit centre-fielder Austin Jackson for the AL honour.

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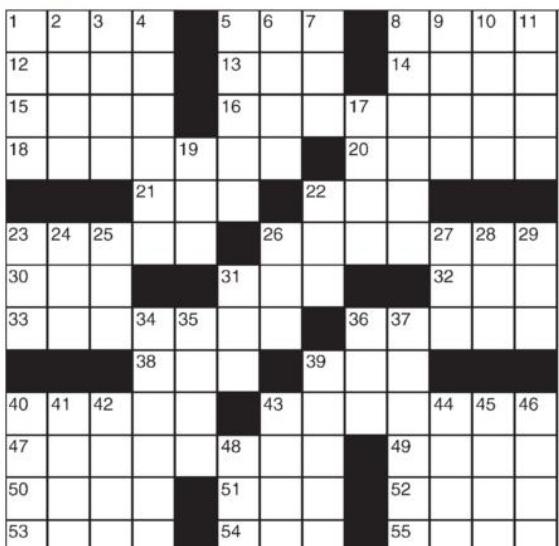
## Crossword

**Across**

1 Fizzled out  
5 Cable channel  
8 Fax or text  
12 Small amount  
13 Zero  
14 "Star Trek: TNG" counselor  
15 Ugly duckling, eventually  
16 Circus organ  
18 Mineral in milk  
20 Beginning  
21 Dine on  
22 Wapiti  
23 Rear of a ship  
26 Island music style  
30 Moray, for one  
31 PETA concern  
32 Mess up  
33 Heat measure  
36 Eagle's home  
38 Actress Courteney  
39 Blend  
40 Cruising  
43 Pasadena school  
47 Squid  
49 Distorted  
50 PC picture  
51 Dickens pseudonym  
52 Requisite  
53 Feet, slangily  
54 Shock and —  
55 Genealogy chart

**Down**

1 Platter  
2 Corn Belt state  
3 And others (Lat.)  
4 Dasher's yokemate  
5 Entire  
6 Thailand, once  
7 Entirety  
8 Olfactory offensive



9 Cupid's alias  
10 "Unh-unh"  
11 Regimen  
17 Lounge around  
19 Author Fleming  
22 Listener  
23 Moment  
24 Earl Grey, e.g.  
25 Right angle  
26 Pool stick  
27 Apiece  
28 — Lanka  
29 Raw rock  
31 Repair  
34 Atlantic and Pacific  
35 Wander

36 Have a bug  
37 Still existing  
39 Corn  
40 Alkali neutralizer  
41 Mexican entree  
42 Trudge  
43 Boast  
44 Basin accessory  
45 Algonquian tribe  
46 Stevenson villain  
48 Lawyers' org.  
50



► Yesterday's answer

## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Aries** March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

**Taurus** April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

**Gemini** May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

**Cancer** June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can move.

**Leo** July 23-Aug. 22 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

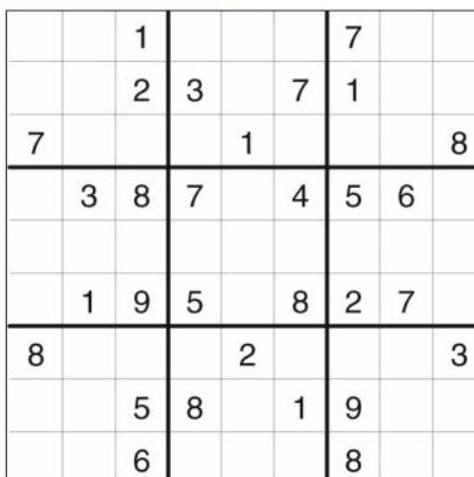
**Virgo** Aug. 24- Sept. 22 Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

**Libra** Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

**Scorpio** Oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio — you can do it if you try.

**Sagittarius** Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy — you will need it early next week.

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer



## Today



10° / 7°

Rain

70%

## Wednesday



10° / 6°

Rain

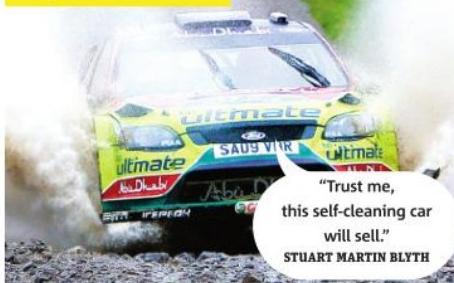
80%



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## Caption contest



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STUART MARTIN BLYTH

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Feel like everyone's looking at you?  
They are. But don't worry. It's only because they want your Metro.



News worth sharing.

KISS  
Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Bmo. I love you more than life itself, having you in my life these past 3 yrs have been the happiest moments I could've ever hoped for. I miss you and Love you. Please forgive me.

DREW

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..

LPH

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads.

YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.

KITTY XOXO

# Deals of the Week

## CUBA

Cayo Coco/Cayo Guillermo  
NH Krystal Laguna  
Villas & Resort • 3 1/2 ★  
All-Inclusive • Club laguna rm.  
Feb. 12, 26 & Mar. 5 • 1 wk.

**\$1059**

+Taxes & other fees: \$154

## Varadero

Allegro Varadero • 3 ★  
All-Inclusive  
Superior rm.  
Feb. 11, 25 & Mar. 4 • 1 wk.

**\$1099**

+Taxes & other fees: \$154

## Holguin

Sirenis Playa Turquesa • 4 ★  
All-Inclusive  
Superior rm.  
Mar. 19 - Apr. 16 • 1 wk.

**\$1099**

+Taxes & other fees: \$154

## USA

Boston  
Boston Park Plaza • 4 ★  
Double guest rm.  
Jan. 10 - 31 • 3 nts.

**\$499**

+Taxes & other fees: \$114

## DOMINICAN REPUBLIC

Puerto Plata  
Bahia Principe  
San Juan • 3 1/2 ★  
All-Inclusive • Standard rm.  
Feb. 23 - Mar. 9 • 1 wk.



**\$1059**

+Taxes & other fees: \$151

## Samana

Bahia Samana Roulette • 4 ★  
All-Inclusive  
Run of the house  
Mar. 3 - 24 • 1 wk.

**\$1229**

+Taxes & other fees: \$151

Gran Bahia Principe  
El Portillo • 4 1/2 ★  
All-Inclusive • Standard rm.  
Feb. 17 & 24 • 1 wk.



**\$1319**

+Taxes & other fees: \$151

## MEXICO

Cancun/Riviera Maya  
via Toronto  
Gran Bahia Principe  
Coba • 5 ★  
All-Inclusive • Junior suite  
Jan. 8 • 1 wk.



**\$1119**

+Taxes & other fees: \$263

## JAMAICA

Sunset Jamaica Grande  
Resort & Spa • 4 ★  
All-Inclusive  
Traditional standard rm.  
Feb. 7, 14, 21 & 28 • 1 wk.



**\$1329**

+Taxes & other fees: \$98

Gran Bahia Principe  
Jamaica • 4 1/2 ★  
All-Inclusive • Junior suite



**\$1639**

+Taxes & other fees: \$98

## CRUISE

Royal Caribbean  
International<sup>1</sup>  
Serenade of the Seas®  
Southern Caribbean Cruise  
Flight to San Juan via Toronto  
Oceanview stateroom, cat. H  
Jan. 15 • 1 wk.



**\$1339**

+Taxes & other fees: \$145

## CUBA

Cayo Coco/Cayo Guillermo  
TRYP Cayo Coco • 4 ★  
All-Inclusive • Standard rm.  
Feb. 12, 26 & Mar. 5 • 1 wk.

**\$1199**

+Taxes & other fees: \$154

## Midnight RUSH

One mystery destination in Mexico will be on SUPER SALE  
Thursday at MIDNIGHT (EST) to Friday at 9 a.m. (EST)

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 16 & 20, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. Bookings are subject to availability, travel dates and not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For specific terms and conditions, consult the Air Canada Vacations brochure or [www.aircanadavacations.com](http://www.aircanadavacations.com). <sup>1</sup>Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy Class per passenger from Halifax to San Juan via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit [www.aircanadavacations.com](http://www.aircanadavacations.com). For terms and conditions of the Aeroplan program, consult [www.aeroplan.com](http://www.aeroplan.com). ■ Royal Caribbean International Ltd ships registry: The Bahamas. ■ Aeroplan is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit [www.aircanadavacations.com](http://www.aircanadavacations.com) for up-to-date information.

